



US Army Corps
of Engineers
Galveston District

The Sand Castle

"A newsletter by and for the employees of the Galveston District"



ARANSAS WILDLIFE REFUGE DEDICATION

A P R I L 2 0 0 1

On the right:
Diana Laird
(PM) with a
volunteer, helps
register visitors
and guests.
Everyone
attending
received
binoculars as a
memento.



The Sand Castle

Volume 18 Number 4

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The Sand Castle is an unauthorized publication for members of the U.S. Army. Contents of The Sand Castle are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the U.S. Army Corps of Engineers. It is published once a month using offset printing by the Public Affairs Office of the Galveston District, U.S. Army Corps of Engineers, P.O. Box 1229, Galveston, TX 77553-1229.



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www.swg.usace.army.mil

**A newsletter for and by
the employees of the
Galveston District**

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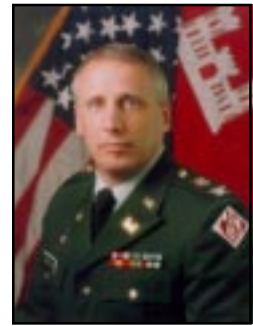
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Again the District team distinguished itself as a world-class premiere engineer organization. The first class dedication ceremony for the Aransas National Wildlife Refuge project conducted on 29 March set the stage for a month of outstanding achievements. Many of you were involved with partnering sessions and coordination meetings on a variety of projects: the independent technical review of the Cedar Bayou project was recognized by headquarters as top-notch; we conducted an excellent partnering session with the Port of Houston; extensive coordination involving dredge material placement areas for the GIWW provided critical information to TxDOT and various industries to help shape Texas legislation; as well as project updates/assistance meetings with numerous sponsors – LNVA, Willacy and Hidalgo Counties, and the City of Corpus Christi. Team Galveston exceeded expectations at every event and continues to set the standard for listening to our customers and stakeholders and applying synergy when developing solutions.



COL Nicholas J. Buechler

Herbie Maurer and I also visited all members of the Texas delegation from the Galveston District during our week in Washington, DC. Everyone of them expressed their supreme satisfaction for the work the District accomplishes and pledged their continued support to help us in any way they can. Your congressional team has complete trust and confidence in your abilities and decisions.

We selected two new emerging leaders, Sharon Tirpak and Sam Watson; both will attend the upcoming SWD emerging leaders conference in Oklahoma City. Sam will also attend ENFORCE with me in May and Sharon will join Paula Wise and myself at the SWD staff ride to Vicksburg. I would like to congratulate Erik Nelson, Betty Voelkel, Janet Thomas-Botello, and Adrea Catanzaro for each being selected to participate in the District's leader development program. I also would like to thank those that applied but were not selected and encourage them to continue striving and challenging us to improve.

Congratulations are also in order for Valerie Riedel; Val was selected to participate in the USACE level long-term training program – a very notable accomplishment. Last but not least, Ricky Villagomez was selected as a new PM in the District. Congratulations to each of you; we look forward to your many future accomplishments and contributions. ESSAYONS!

General Melcher Visits Galveston District

Galveston District hosted the Board of Directors Meeting (BOD) led by Brig. Gen. David F. Melcher on March 22 in Jadwin Building.

Melcher began the meeting on a lighter note by awarding several Galveston District employees with the General's coin.

Recipients of the coins were Dolan Dunn, Janet Thomas, Kenny Jaynes and Fred Anthamatten of regulatory, Tom Moore of counsel, Bob Peel of programs management, Valerie Reidel Miller of resource management, Tim Baumer and David Petit of information management, and Michele Castelline of public affairs.



Gen. Melcher



Kenny Jaynes, Janet Thomas, Gen. Melcher, Fred Anthamatten, Dolan Dunn pose for the camera with coins. Not pictured: Tom Moore.

Packery Passes!



Proposed Packery Channel looking toward Corpus Christi Bay.



Proposed Packery Channel looking toward the Gulf.

The votes surged in Saturday for the Packery Channel project, with 59 percent of voters casting ballots in favor of the controversial issue.

"I think there's a sense of euphoria right now," Councilman Mark Scott said as he looked over the group of about 30 white-shirted Corpus Christi Yes members who gathered at City Hall. Scott, who ran unopposed in District 4, the district in which Packery Channel is located, devoted most of his campaign to promoting the project to dredge the channel as a path to the Gulf.

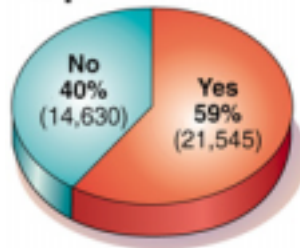
"This is a very clear statement that this community wants to move forward," Scott said. "We're done talking about the past."

The Packery Channel measure passed, 21,545 to 14,630, according to complete, unofficial returns. Of the city's 167,673 registered voters, 37,004 or 22 percent turned out for the city election.

The Packery Channel debate raged over a number of issues: whether it should be done in the first place, whether the project would succeed or turn into a maintenance nightmare, and whether it would help or hurt the local economy and the environment. However, Saturday's vote decided

only one technical issue - whether the tax increment finance district that was set up to dredge and maintain it should be allowed to continue to exist.

Packery Channel Proposition



Corps of Engineers, Galveston District is designing the project, planned in the 1990s, up to the organization's existing standards. Final studies are due out early next year. Developer Paul Schexnailder, one of the partners in Gulf Shores Joint Venture, said he looks forward to the findings of the study.

Gulf Shores Joint Venture is the partnership that has proposed a \$677 million development with resorts, condominiums and amusement parks for the area around Packery Channel. The company plans to buy the \$10.5 million in bonds the taxing district will issue to pay for the project.

"We now have the opportunity to get the answers on this project," Schexnailder said. "Without this vote, we would have had to quit without ever knowing the answer."

A lot of passion and energy went into the campaign, which was actually about how the city will pay to dig a trench with rock walls to the Gulf and put the resulting sand on a beach.

By Samuel Segrist, writer for the Corpus Christi Caller-Times; April 8, 2001

Helping Others to Live

by Tracy Orr

How many of us take our health and the health of our loved ones for granted? And, how many of us have received a sharp slap in the face when our health or the health of a loved one suddenly went awry? Although this is certainly not a pleasant thought, it is one that we all have to face from time to time, some sooner than others. Such is the case of Christy Sorrels of the Planning Section of the Planning and Environmental Branch.

Prior to coming to the Galveston District in July of 2000, Christy was diagnosed with Non-Hodgkin's Lymphoma. Like Hodgkin's Disease, this malady originates in the lymph tissue and can spread to other organs of the body.

Like many before her, Christy immediately began chemotherapy. In 1996, she received one treatment every three weeks for a total of six treatments. She underwent additional chemotherapy in 1998, and is presently undergoing another round of drug therapy. In order to be cured of her cancer, however, she is in need of a bone marrow transplant. Her transplant is scheduled for May 4, 2001, at M.D. Anderson Hospital in Houston. Following the transplant, Christy will need approximately 6 months to recover.

In order to make her marrow transplant possible, a "matching" donor had to be found.

Fortunately, Christy presently has 4 to 5 potential donors. Without these donors and a bone marrow transplant, Christy's prognosis is seven to 10 years. Therefore, to those like Christy, available "matching" donors can be a matter of life or death.

Perhaps, you, too, would like to become a bone marrow donor. When you become a donor, you are participating in an effort to give patients with leukemia and other life-threatening diseases a second chance at life.

Marrow is found in the cavity of the body's bones. It resembles blood and contains stem cells. Donating marrow or stem cells is something you can do if you are between the ages of 18 and 60, and in good overall health. A simple blood test is all that is needed to obtain your tissue type so it can be entered into the National Marrow Donor Program Registry.

When you donate marrow, it is removed with a surgical needle from the back of your pelvic bone. All marrow donors are given either general or local anesthesia. Usually, four to eight tiny incisions are made in the pelvic area. These incisions are so small that stitches are not necessary.

Bone marrow donation is a surgical procedure. There is minimal risk involved. With a marrow donation, donors can

expect to feel some soreness in the lower back for several days following the procedure. Some donors have also reported feeling fatigued and having some difficulty walking. More than 11,000 individuals have donated marrow for unrelated patients since 1987. Thousands more, perhaps as many as 50-60,000, have donated for family members.

Now that you are aware of some of the facts concerning bone marrow donation, you may be interested in helping individuals like Christy. If so, your first step is to join the National Registry. You can initiate this process at our next blood drive on May 8, 2001. You will need to complete a brief health questionnaire, sign a form consenting to have your tissue type listed on the Registry, and provide a small blood sample to determine your tissue type. Once listed on the Registry, your tissue type will be compared to the tissue types of thousands of patients around the world who need marrow transplants.

If you are identified as a potential match for a patient, donor center representatives will ask you for another blood sample to see whether you match well enough to be an actual donor for the patient. If you are indeed a match, you will receive further education about marrow donation processes and which is the preferred process for this patient.

Information:

You can learn more about the bone marrow donor program by consulting either the Blood Center or Bone Marrow Donor's Center, or by checking out the web site, <http://www.marrow.org/>.

Townhall Meeting

It was fun and awards at the April town hall meeting with a few serious notes interjected by Col. Nicholas J. Buechler, Galveston District commander.

Warning of the approaching hurricane season, Buechler told the audience that the biggest step we need to take now is for everyone in the district to figure out what their job will be in the event of a storm. If a storm hits in the district it becomes the number one priority. If it hits here (in the Galveston area), he said, the rules change and we take care of what we have to do first.

With Emergency Management at work on the hurricane response plan, everyone in the district will be assigned a job, either as a primary or an alternate. You need to start thinking through this, he warned, so you know whether or not you can do the job.

On a second subject, Buechler asked people to look at the new vision that the Chief of Engineers has issued. Significant change in the vision, he said is its focus toward people and communications. The business process part is still there but General Flowers is a very people-oriented commander and is stressing the important of communication and openness.

For a list of appreciation awards, on-spot cash awards and coins, go to page 20.



Galveston District employees with Col. Buechler pose for the camera.



Col. Buechler with Carlos Tate and John Bember.



Col. Buechler with Kathy Moore, Catherine Guterrez, Lynette Mills, and Lile Henkel.

On Saturday, 31 March 2001, the Texas Mariners Cruising Association, with GBPS's own Danny Wyatt, AP, as event chairman, hosted almost 100 Seaborne Challenge Corps cadets aboard some 20 volunteer sail and power boats, to a day on the bay.

The SCC, is a military cadet style program directed at teens throughout the state between the age of 15-18 years. The program is designed to challenge these youth who are perceived to have potential well beyond their current performance. They must be recommended by school, religious, or other youth programs and must not be involved in any substance abuse or legal issues. The program operates in Galveston and is co-sponsored by Texas A&M University at Galveston and the U.S. Army National Guard. The students are housed and educated in a renovated 1940s warehouse located on U.S. Army Corps of Engineers property in Galveston. The Seaborne director is Colonel Tom Bridgwater, U.S., retired.

I was one of the volunteer captains and can report it was a delightful day aboard *Lucky Jo* with three super young men, Christopher Olachia, Ezckiel Gasdnes, and Brandon Lance. I made sure we got in a lesson on Dead Reckoning to find our way around the bay. The group boated to Houston Yacht Club for a lunch break and after touring (and learning) the rest of the afternoon.



Awaiting travel, Danny Wyatt, Linda Jones, and Seaborne cadets. Boat owned by Jay and Linda Jones. Over 425 Seaborne cadets have been introduced to boating since this program began. Even with 20 boats, the TMCA was only able to accomodate only about two-thirds of the cadets. Thirty-seven cadets, who had qualified for the event had to be left behind.

SCC Day At The Bay

The Texas Mariners Cruising Association (TMCA) hosted almost 100 Seaborne Challenge Corps cadets aboard to sail and power boats on Saturday, March 31st.

Written by Bill Fink, GBPS, Senior Navigator, Lt. Col, USAF (Retired)

Danny Wyatt, the TMCA's Immediate Past Commodore, initiated the event in march of 1999. There are two cruises each year, one for the spring class and one for the fall class. Saturday marked Seaborne cruise number 5 and brings to over 425 the number of cadets who have been introduced to boating. On this cruise, even with 20 boats, we were able to accomodate only about two-thirds of the SCC cadet corps. Thirty-seven cadets who had qualified

for the event had to be left behind in Galveston. Accordingly, there is room for, and helped needed, from other boating organizations, like GBPS, for the fall cruise scheduled for November 3, 2001. No cadet should have missed this. Both power and sail boats are needed. Our goal is to have at least three boats in the next cruise flying the GBPS burgee.



Coming Out for the Birds

Dedication of the Aransas Wildlife Refuge Project

Galveston District celebrated the completion of the Aransas Wildlife Refuge project, a \$15 million project for erosion control along the shoreline that protects habitats for the world's largest breeding flock of whooping cranes on March 28, with a dedication ceremony near Austwell.

With flashes of lightning and rain throughout the ceremony, Col. Buechler, host of the ceremony, thanked everyone for attending and jokingly added that a "little rain never hurt anybody."

In giving a history of the projects that led up to the day's celebration, Tom Stehn, biologist and whooping crane coordinator for the refuge, said he had lots of doubts when he sat in on the first planning meetings in 1988.

"I had no vision, no faith that this was ever going to happen," he said. "But here we are on time and under budget."

Stehn said, the early plans called for short and medium term fixes until a solution was found.

"The long term solution, that's what we are celebrating today. We needed to stop erosion and stop the loss of habitat and we've accomplished that 100 percent."

Other speakers included Mary Scheider, from Sen. Hutchinson's office, Billy Phenix, from Governor Perry's office, Wayne Dennis, Texas Department of Transportation, and Raymond Butler, Gulf Intracoastal Canal Association.

The ceremony concluded with the unveiling of a picture of a whooping crane, a gift from the Corps of Engineers, Charles Holbrook, refuge manager (see above picture).

The project that began in 1988 and completed in 2000 resulted in 16 miles of refuge shoreline and another five miles at Welder flats being protected from erosion by concrete mats. The project, under Diana Laird, also involved laying tubes filled with grout for additional protection.

A R A N S A S D E D I C A T I O N



From Top: Col. Buechler and Tom Stehn pose for the camera before the festivities begin; the Rockport-Fulton Symphonic Band with band director, Glen Herbst; Tom Stehn demonstrating what an environmental and engineering collaboration hat would look like; Billy Phenix, from Governor Perry's office, Mary Schneider, from Senator Hutchison's office and her assistant; Raymond Bulter, GICA, speaking at the event. Top of Next Page: Wayne Dennis, TxDOT poses with Col. Buechler with the award from the former Chief of Engineers, Gen. Ballard; a member of the Rockport-Fulton Symphonic Band; Raul Cantu of TxDOT; and Raymond Butler with King Fisher.



C E R E M O N Y



QUICK FACTS:

- The 100,000-acre refuge, about 85 miles north of Corpus Christi, was established as a winter home for whooping cranes, whose population had dropped to as few as 16 in the 1940s.
- A total of 132 whooping cranes spent the past winter at the refuge, arriving in October from nesting grounds in Canada. Most whoopers leave the area in April.
- In addition to whoopers, the refuge is home to deer, javelinas, feral hogs, armadillos, raccoons, cougars, bobcats, and alligators.
- Visitors can hike, take in a film, picnic, or just drive through the park.



Army Corps budget gets slashed; no new projects in '02

Under the Bush administration's proposal for the Army Corps of Engineers' FY '02 budget, the agency would be slashed 14 percent from this year's appropriations. President Bush has requested \$3.9 billion compared with the FY '01 funding level of \$4.54 billion.

Former President Clinton's request for FY '01 was not much higher: \$4.1 billion. And the corps is quick to point out that the "more typical" FY '00 appropriation was only \$4.1 billion. Assuming a \$3.9 billion appropriation from Congress, as requested, the corps expects its entire outlay for FY '02 to be \$4.327 billion, with the extra funds coming from non-appropriated sources including \$114 million from Bonneville Power Administration revenues and \$315 million from non-federal cash contributions.

Claudia Tornblom, deputy assistant secretary of the Army for management and budget, said the agency has a \$40 billion backlog: \$26 billion for ongoing projects; \$6 billion for Mississippi flood control efforts; and \$8 billion for projects currently in the design phase. As a result, Bush's request includes no new construction efforts for FY '02 and instead focuses on completing ongoing projects. The budget does include two new studies: one on shorelines and the other on potential changes to civil works projects.

Tornblom said the budget is consistent with Bush's overarching goal of slowing the growth of federal spending, cutting taxes and decreasing the national debt.

Specifically, \$130 million will go to general investigation, down from this year's FY '01 appropriation of \$161 million. General construction, where a bulk of the backlog lays, would receive \$1.324 billion under Bush's plan, compared to \$1.716 billion for FY '01. For operations and maintenance, Bush suggests \$1.745 billion, down from \$1.898 billion in FY '01. Flood control on the Mississippi and its tributaries would get \$280 million in the next fiscal year, a large drop from \$350 million this year. Largely the same are the president's requests for the regulatory program — \$128 million; general expenses — \$153 million; and the Formerly Utilized Sites Remedial Action Program — \$140 million.

In addition to slashing funding for a majority of corps projects, the agency will save money by altering the cost-sharing program for beach renourishment. Currently, the non-federal share of costs is 35 percent and federal funds supply 65 percent.

Tornblom said that after initial sand placement, follow-up add-ons will cost the feds only 35 percent and require 65 percent from non-federal funds. This will save \$12 million in FY '02.

Natalie M. Henry, Greenwire staff writer; (This story ran in Environment & Energy Daily, 10 April 2001)

Shore Protection Funds Recommended by President Bush FY '02

Name of Project	Investigations	Construction
Brunswick Cty, NC		\$ 300,000
Dare Cty, NC	\$ 100,000	
Pawley's Island, SC	\$ 100,000	
Pawley's Island, SC	\$ 25,000*	
Sabine Pass to Galveston Bay, TX	\$ 450,000	
Hampton, VA	\$ 100,000	
Sandbridge Beach, VA		\$ 3,380,000
Virginia Beach, VA		\$ 9,000,000
Ocean Shores, WA	\$ 50,000	

Hooah! New Commander Coming Soon.... Col. Len Waterworth

It is difficult to believe Col. Buechler has been with us for nearly three years and Change of Command is rushing towards us like Amtrak; August 2. We will be sorry to lose Col. Buechler, but naturally wondering what the incoming District Engineer will be like. Here is a sneak preview.

Col. Leonard (Len) Waterworth, a native of Alamogordo, NM, earned a Bachelor of Science Degree in Civil Engineering and his commission from New Mexico University, LaCruces, NM. He later attended George Washington University and earned his Masters Degree in Construction Management. He is also a graduate of the Army War College, Carlisle, PA.

Col. Waterworth is presently the Assistant Director of Civil Works for the U.S. Army Corps of Engineers in Washington, D.C.

He is married to the former Cheryl Champion of El Paso, TX.



Col. Len Waterworth

Texas City Public Hearing



Sharon Tirpak, Project Manager, talks to Mayor Carlos Garza of Texas City.



Residents looking at PBS&J displays.

Galveston District and the city of Texas City hosted a public workshop on April 24 at the Doyle Convention Center on the proposed Shoal Point container terminal. Residents and visitors were given the opportunity to walk through a variety of displays, ask questions and to leave written comments.

BIG Changes in TSP's

by Meg Dunleavy

Have you heard about the big changes in the federal employees' Thrift Savings Plan (TSP) scheduled for May 2001? The TSP's limit for contributions for both retirement systems will increase by 1% and two new funds will be added.

The TSP is the federal employees' retirement savings plan, administered by The Federal Retirement Thrift Investment Board. It was introduced as part of the newer federal retirement system, the Federal Employees Retirement System, or FERS. Payroll contributions are limited by the Internal Revenue Service to \$10,500 per year. Next month the government's additional restriction to 10% for FERS employees and 5% for employees enrolled in the older, Civil Service Retirement System (CSRS) will be raised by an additional 1%. The limits will go up an additional 1 percent per year until 2006.

The next open season, scheduled to begin 15 May, will also offer two new funds. TSP presently offers the G, F and C funds. The two to be added are the S Fund (small cap fund) and the I Fund (International fund). In arraying the funds by volatility, both these new funds would be placed on the more volatile side beyond the C Fund that, after the last 12 months' poor performance, many now love to hate. Of course, all financial professionals remind people that past performance is no indication of

future returns.

The S Fund appears to provide the next step for adding risk (beyond the C Fund) to your portfolio. Remember the reason people add risk to their portfolios is an increased potential for greater returns. The S Fund, which will invest in small and mid-sized companies' stocks, will track the Wilshire 4500 index of 6,200 diverse firms across many industries. The Federal Retirement Thrift Investment Board describes the S Fund as potentially more volatile than the C Fund because smaller companies' stocks tend to react more to changes in the economy. The highest rate of return (after expenses) for the S Fund was 43.5% in 1991 (C Fund that year was 30.77%); while 2000's -15.6% was the lowest (the C Fund was -9.14% in 2000).

The other new fund is the I Fund, which tracks the Morgan Stanley Europe, Australasia and Far East (EAFE) Index. It is made up of stocks from 20 foreign countries. The Federal Retirement Thrift Investment Board states that the EAFE index is broadly diversified among countries and industries, so that the effect of poor performance in one stock market or group of companies is reduced. With an

Year	C Fund	S Fund	I Fund
2000	-9.14	-15.6	-14.2%
1999	20.95	35.5	26.7%
1998	28.44	8.6	20.1%
1997	33.17	25.7	1.6%
1996	22.85	17.2	6.1%
1995	37.41	33.5	11.3%
1994	1.33	-2.7	7.8%
1993	10.13	14.6	32.7%
1992	7.7	11.9	-12.2%
1991	30.77	43.5	12.2%

international fund, there is also the impact of the U.S. dollar that is also traded against the foreign currencies. The highest rate of return (after expenses) for the I Fund was 32.7% in 1993 (C Fund that year was 10.13%); while 1990's -23.6% was the lowest (the C Fund was -3.15%). The chart below shows the S and I Funds against the C Fund for several years.

Of the three on-going funds, the Government Securities Investment (G) Fund is the safest with contributions invested in short-term, risk-free U.S. Treasury securities that are specially issued to the TSP. The compounded total of the annual rates of return (after expenses) for 1990 through 1999 for the G Fund is 7.0%. The highest rate in this calculation was 8.9% in 1990; while 1998's 5.7% (the only year below 6%) was the lowest. The G Fund consists exclusively of investments in short-term non-marketable U.S. Treasury securities issued only to the TSP. Maturities can range from 1 day (on business days) to 4 days (over holiday weekends). G Fund investments earn interest at a rate that is equal, by law, to the average of market rates of return on U.S. Treasury marketable securities that are outstanding with 4 or more years to maturity. There is no credit risk (risk of nonpayment of principal or interest) for the Treasury securities in the G Fund; they are guaranteed by the U.S. Government. Market risk is also eliminated by investing in short-term securities.

There is a risk from loss of purchasing power (sometimes referred to as inflation risk) that should be considered when allocating your TSP. If you want low risk, the G Fund may be the most appropriate investment fund for you. However, G Fund rates of return may well be lower than those of the C and F Funds over the long term.

The Fixed Income Index Investment (F) Fund invests in a bond index fund that tracks the Lehman Brothers U.S. Aggregate (LBA) bond index. The F Fund is more volatile than the G Fund. The compounded total for the same years is 7.5% but the variance between years ranges from a 1994 low of -3.0% to the 1995 high of 18.3. F Fund contributions are invested in the U.S. Debt Index Fund as soon as possible after receipt, regardless of

movements in the bond market. The F Fund also includes temporary investments in the G Fund and certain other short-term securities pending purchase of notes and bonds and for liquidity requirements. The F Fund offers the opportunity for increased returns compared to the G Fund over the long term, especially in periods of generally declining interest rates.

Volatility in an investment is sometimes referred to as risk. Although financial experts encourage investors to plan for the long run and younger investors to invest with more risk, handling risk is a personal decision. The Common Stock Index Investment (C) Fund's returns, compounded at 18.2% for 1990 through 1999, shows the largest swings in individual year's returns. From a 1990 low of -3.15% to a 1995 high of 37.4%, the C Fund has taken its investors on a wild ride. From 1995 through 1999 the C Fund's annual rates of return were at least 21.0%, but in 2000, the C Fund's annual rate of return was -9.14%.

The C Fund is invested primarily in the Barclays Equity Index Fund, a commingled stock index fund that tracks the Standard & Poor's 500 (S&P 500) stock index. A commingled fund is one in which assets of many plans are combined and invested together. The Barclays Equity Index Fund, which is designed to track as closely as possible the performance of the S&P 500 index, holds common stocks of all the companies represented in the S&P 500 index. (A small portion of Equity Index Fund assets is invested in S&P 500 index futures contracts to invest dividend income and small cash balances.) C Fund contributions are invested in the Equity Index Fund as soon as feasible after receipt, regardless of movements in the stock market. The C Fund includes temporary investments in the G Fund and certain other short-term securities pending purchase of stocks. The C Fund gives participants the opportunity to diversify their investments and to participate broadly in the U.S. stock markets; the shares of stock held by the Barclays Equity Index Fund reflect ownership in a variety of companies.

The rates for the previous month are usually posted on the TSP website (www.tsp.gov) by the 7th of the following month.

A Kick-Ash Plan

Most smokers know that they should put down the cigarettes. However, they are also sure that they will gain weight if they stop. Well, here's how to stop smoking without putting on the pounds.

There are many reasons to quit smoking, including your health, you family, and you car upholstery. So, you do it. You go "cold turkey." The problem is that you suddenly began eating anything that you can lay your idle hands on. It's one of those cosmic jokes. You stop smoking, and then, just when you start feeling better, you start looking worse!

This is no laughing matter. However, there is a plan for keeping your gut in check while you rehabilitate your lungs. This is a "5 Step" plan.



Step 1: Buy a bottle of olive oil. Cigarette smoke slows stomach constrictions, keeping you feeling full longer. But once you are smoke-free, your gut picks up speed and you get hungry more often.

The remedy is to take two teaspoons of olive oil before meals. "Olive oil not only has a similar slowing effect on stomach contractions, but it also triggers your body's release of CCK, a hormone with appetite-reducing properties," states Dr. Marshall Goldberg, a professor of medicine at Thomas Jefferson University. The catch? You need a concentrated hit of the olive oil for it to work. If you don't want to take your two teaspoons straight, pour the oil on a plate and sop it all up with a piece of bread.

Step 2: Take fewer coffee breaks. Which came first, the coffee or the cigarettes? Who knows! What matters is what happens when the cigarettes leave first. "Nicotine accelerates the body's processing of caffeine. So, when you quit smoking, caffeine will stick around in your circulatory system longer," says Robert Lesges, Ph. D., Head of the University of Memphis Community Center for the Public Health. That means that one cup of coffee will have a much greater impact on your body. Therefore, a previously manageable 4-cup-a-day habit can produce significant jitters and nervousness that you may be tempted to get rid of by eating.

The remedy is to drink half your usual number of cups of coffee. You

will feel calmer and less eager to binge. Taking fewer coffee breaks may also increase your odds of staying smoke-free. The bottom line is, less coffee, less chance, you'll light up.

Step 3: Get huge, rippling muscles. There is a simple reason why the people in cigarette ads look so happy: they are all on drugs! Nicotine acts a lot like "speed." It boosts your metabolism, the rate at which your body burns calories. In a recent study published in "Nicotine and Tobacco Research," when subjects smoked, they increased the number of calories they burned by 3.6 percent at rest, and 6.3 percent during exercise. Yes, you guessed it: When you quit smoking, your metabolism slows down, causing you to burn fewer calories.

The remedy is to lift weights more often. Research shows that building muscle mass actually resets your metabolism to almost the same level it was at when you were smoking. In one study, men who lifted three times a week for 12 weeks upped their resting metabolic rates by 7 percent. When the men weighed in at the end of the study, each had lost four pounds of fat.

Step 4: Chew Gum. You are probably considering going on the patch. This is not a bad idea, but it won't help you control your appetite unless you place it over the mouth. Research has shown that while nicotine-replacement therapies are effective at preventing relapses, most don't do much to prevent weight gain.

The remedy is to chew nicotine-replacement gum. When Massachusetts General Hospital researchers compared different nicotine-replacement methods, they found that only the gum helped prevent weight gain in ex-smokers. "It may be more effective than other replacement methods because it provides a closer

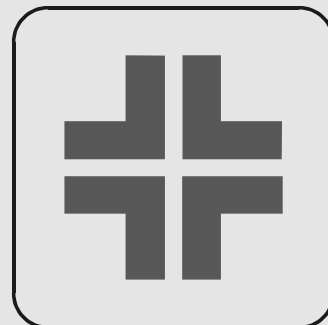
oral substitute for food," says Nancy Rigotti, M.D. the lead researcher.

Step 5: See a doctor. On the surface, food and cigarettes do not have a lot in common. However, they are alike in one way. Both Marlboros and macaroni and cheese boost your levels of dopamine, a pleasure-producing chemical. Take away the cigarettes and you will crave more food to keep your levels up.

The remedy is Bupropion (a.k.a. Zyban), an antidepressant/ anti-smoking drug that is believed to help boost dopamine levels. In one study, researchers compared the weights of 432 former smokers over a period of one year and found that those who took bupropion gained an average of 9 pounds less than people who took a placebo.

Rather be fat than medicated? No problem. Go play some Madden NFL 2000, or Mortal Kombat 14. Research published in the journal "Nature" showed spikes of dopamine in the brains of men when they played video games!

Hopefully, this 5-step plan will be a "Kick-Ash Plan" for you. Good Luck kicking the cigarette habit.



The blood drive in March was canceled at the last minute because the "donor coach" broke down in Houston.

For those interested in giving the gift of life, the next blood drive will be on May 8, 2001. It will be held in one of the main conference rooms on the first floor.

When Someone Has Stopped Breathing

Rescue breathing, or artificial respiration, can save someone's life. Breathing can stop due to many things including electric shock, drowning, automobile or sports accidents, poisonous gas, or suffocation. Without breathing, permanent brain damage or death will result 4-6 minutes. If you know how to perform rescue breathing, you are buying precious time for the victim.

Every second counts when breathing has stopped. Nothing is as important as getting breathing going again. Don't stop to loosen clothing or warm the victim unless he or she is lying in a dangerous area.

Your goal is to help the victim begin breathing on his or her own. If the victim is unable to breathe on his or her own, continue rescue breathing until medical help arrives. (If you are too tired to keep on going, have someone else take over for you.)

Injury to the neck or spine often occurs in accidents with cars, sports (like football and diving), or falls downstairs. If you are confident that the victim has not injured the neck or spine, but cannot breathe on his or her own, follow these steps:

1. Lay victim on back.
2. Open breathing airway and remove anything from the mouth that should not be there. (Do not remove dentures unless they have come loose.)



Place your hand on the victim's forehead.

3. Use your other hand to gently lift under the chin. This will tilt the head back.

4. Put your mouth over the victim's and watch for chest to rise (repeat twice).

5. Breathe slowly into the victim. Watch for chest to rise (repeat twice).

6. If the victim's chest does not rise, try changing the

head position. If that doesn't work, something may be blocking the airway, and you should try the "Heimlich Maneuver." Then, try rescue breathing.

7. If the victim is still not breathing, but the chest is now rising and falling, continue rescue breathing, one time every 5 seconds. In between breaths look for signs of spontaneous respiratory movement. Give the victim a chance to exhale.

8. Continue rescue breathing until the victim begins to breathe without help, or until a medical professional arrives.

Neck or spine injuries can be very dangerous. Never move a victim who has suffered a neck or spine injury unless it is absolutely necessary. Keep the victim's head and neck lined up straight at all times. To begin rescue breathing, gently pull the victim's jaw toward the top of the head to open the airway. Do not tilt the head. Then do rescue breathing as described above in the numbers 3,4,5,7, and 8.

APRIL



Birthdays

Norman Rondeau - April 2
 Trina Ruse - April 4
 Casey Cutler - April 6
 Catherine Guitierrez - April 6
 Meg Dunleavy - April 7
 Ed Huff - April 10
 Mike Castelline - April 15
 David Campbell - April 15
 Kenny Jaynes - April 18
 Michele Castelline - April 29

Condolences

Please keep in your thoughts and prayers, **Joan Moratto, Bay Area office, and her family**, who lost her mother April 4 after a long battle with cancer.

Our deepest sympathy to **Marcel Duronslet, retiree**, whose father passed away in New Orelans recently.

Anniversaries

Congratulations to **Ed Huff, and his wife, Wylene**, who celebrated their 10th wedding anniversary on April 14th.



Congrats

Congratulations to **Brady Peters**, the new mayor of Gibson City, Illinois. Brady, 20 years old, has the distinction of being the youngest mayor in the State of Illinois, and one of the youngest mayors in the United States. He is the nephew of **Tracy Orr** of the Regulatory Branch.

URGENT!! *from Col. Buechler*



A four way stop is just that; it requires you to stop. An awful lot of us are not complying with the law and many are outright flagrantly ignoring it. I don't want to have to write a letter to one of these young people's (SCC) parents about how we struck their son or daughter. We are exploring other options to improve safety for the cadets which will also reduce liability for folks operating vehicles (light at the intersection; alternate march route for the cadets). However, even if/when we find a better solution, there still exists a four way stop as you enter. Please comply with this simple act.

Update:

Sal Arcidiancono

Sal is sitting up, eating solid food and, he is walking. He is having physical therapy to help strengthen his muscles and regain coordination.

He is in his own room, so visitors are welcomed and he is happy to see them. You can go visit Sal at UTMB Towers, 6A, Room 15; phone number is 772-4338.

All of the tubes have been removed.

While he is much improved, he still has a long way to go. Keep Sal and his family in your prayers.

Upcoming Events

April 30- May 3
**Emerging Leader
Conference
Oklahoma City**

May 3
**Clear Creek
Public Meeting**

May 9
**PRB and
Clear Creek Public
Meeting**

May 13
Mother's Day

May 15-16
**S.A.M.E Meeting
Tulsa**

May 28
Memorial Day Holiday

May 29 - 31
**S.A.M.E. National
Conference
Nashville**

Awards and Certificates....

Combined Federal Campaign

Appreciation Plaque - Rob Heinly

Certificate - Galveston District

President's Award - Galveston District

Coins and Cerificates of Appreciation were received by:

Henry Fleming, Robert Munzy, David Petit,
Rick Villagomez (2), Terry Roberts, Jackie
Lockhart, Gerald Dunaway, Sal Arcidiacono,
Ishaq Syed, John Hander, Kristy Morten (2),
Nancy Young, Robert Van Hook, Fern Kirkley, Tim Few, Bob
Behrens, Art Martin, Earl Richards, Lucy Smith, Janet Thomas,
Gilbert Trevino, Mark McMahon, Carl Mertz (2), Floyd Wright,
Isidoro Martinez, David Montgomery, Leroy Hilton, Carol
Hollaway, Gary DeMarcay, Ed Reindl, Don Hester, Gloria Appell,
Brenda Hayden, Dale Williams, Rick Medina, Jim Barrows,
Richard Tomlinson, Carolyn Murphy, Joe Hrametz, Luis Saenz,
Curtis Cole, Diana Laird, and Larry Dunaway.



Letters of Appreciation/Certificate

Clark Bartee

On-the-Spot Cash Awards

Carol Nelson, Catherine Gutierrez, Faye
Arenz, Lile Henkel, Kathy Moore, Lynette
Mills, Pat Salinas, Denise Sloan, Gilbert
Trevino, Fern Kirkley, Art martin, John
Bember, Dale Williams, Carlos Tate, David Montgomery, Volker
Schmidt, Naime Foster and Michele Castelline.

